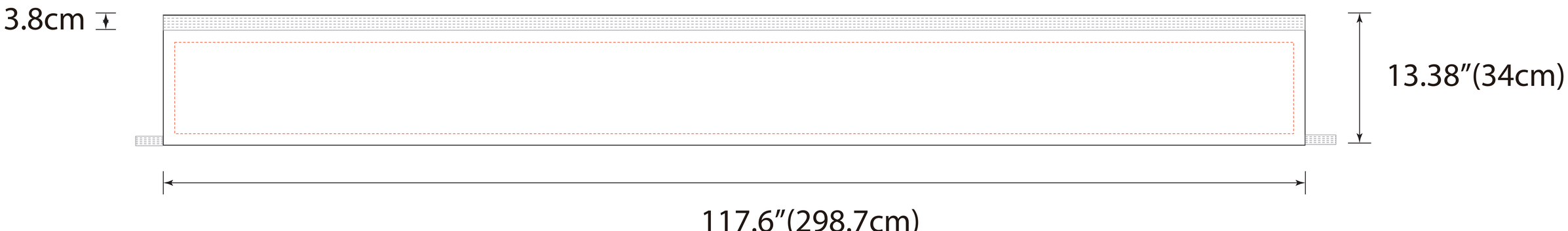300cm